



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

CARMEL VALLEY POOL

3777 Townsgate Drive. ♦ San Diego, CA 92130

♦ (858) 552-1623 ♦

www.sandiego.gov

SUMMER 2010

JUNE 28 THRU SEPTEMBER 6, 2010

LAP SWIM

Monday-Thursday	6:00am-8:30am 11:30am-3:30pm 6:30pm-8:00pm
Friday	12:00pm-4:00pm
Saturday/Sunday	12:00pm-3:30pm

RECREATIONAL SWIM

Monday-Friday	12:00pm-3:15pm
Saturday/Sunday	12:00pm-3:30pm

CHILDREN'S POOL & LARGE SLIDES

Monday-Friday	12:00pm-3:15pm
Saturday/Sunday	12:00pm-3:30pm

♦ **The child structure and large slides are subject to closure at any time**

July 4, 5 and September 6 th	12-3:00pm
---	-----------

FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00

DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/ 30 swims
Adults (16 & older)	\$35.00/ 10 swims
Child/Disabled/Senior	\$45.00/ 30 swims
Child/Disabled/Senior	\$15.00/ 10 swims

• **Passes expire one year from the date of issue and can be used at any City Pools.**

• **Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times**

• **All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.**

• **A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child**

• **The City of San Diego Swimming Pools may close without notice during inclement weather conditions**

All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.

CITY OF SAN DIEGO SWIMMING



City of San Diego Swimming (CSDS) is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers participate in swim meet competitions with other City of San Diego swimming pools. **Prerequisite:** Completion of Competitive Skills I course or Pool Manager's approval.

White Team 1

Monday/Wednesday/Friday 4:00-5:00pm

White Team 2

Monday/Wednesday/Friday 5:00-6:00pm

Silver Team

Tuesday & Thursday 5:30-7:00pm

Fee: \$25.00/Month (Fees are due at the beginning of ea. month)

YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 17 years of age Games are on Friday.

Tuesday/Thursday



3:30-5:00pm

Fee: \$25.00/Month (Fees are due at the beginning of ea. month)

WATER EXERCISE- AQUAFIT

This is a total body conditioning class. Multi-level, low impact, cardio respiratory workout held in shallow and deep water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Monday-Thursday

10:30am -11:30am

Adults/Seniors \$3.50/class

Discount Pass \$30.00/10 classes



RENTALS- All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

SAFETY CHECKS- There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING- All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated

VOLUNTEERS NEEDED!-

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit

www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619)533-4017



All City of San Diego Parks, Pools and Beaches are Smoke Free.



SUMMER SWIMMING LESSONS SCHEDULE



Session 1 June 28-July 9 (Mon thru Thursday) 8/ 40 minute classes (**No class on 7/5-makeup class on Fri 7/9**)

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beginner 3	Beginner 2	Beginner 1	Tiny Tot	Tiny Tot	Tiny Tot	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot	Tiny Tot	Adv. Tot	Adv. Tot	Super Tot	Adv.Beg/Interm.
Adult-Beginner	Intermediate	Super Tot	Parent Tot	Beginner 1	Super Tot	Beginner 1	Adult- Inter/Adv
				Beginner 2	Beginner 2	Beginner 3	

Session 2 July 12-July 23 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beginner 3	Beginner 2	Beginner 1	Tiny Tot	Tiny Tot	Tiny Tot	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot	Tiny Tot	Super Tot	Adv. Tot	Adv. Tot	Adv.Beginner
Adult-Inter/Adv	Intermediate	Super Tot	Parent Tot	Beginner 3	Super Tot	Beginner 1	Intermediate
				Beginner 2	Beginner 3	Beginner 2	

Session 3 July 26-August 6 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beginner 3	Beginner 2	Beginner 1	Tiny Tot	Tiny Tot	Tiny Tot	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot	Tiny Tot	Adv. Tot	Adv. Tot	Super Tot	Intermediate
Adult-Beginner	Intermediate	Super Tot	Parent Tot	Beginner 3	Beginner 1	Beginner 1	Adult-Beginner
				Adv.Beginner	Beginner 2	Adv.Beginner	

Session 4 August 9-August 20 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Swimmer	Beginner 3	Beginner 2	Beginner 1	Tiny Tot	Tiny Tot	Tiny Tot	Parent Tot
Adv. Swimmer	Adv.Beginner	Adv. Tot	Tiny Tot	Adv. Tot	Adv. Tot	Super Tot	Beginner 2
Adult-Inter/Adv	Intermediate	Super Tot	Parent Tot	Beginner 3	Super Tot	Beginner 1	Adv.Beginner
				Intermediate	Beginner 3	Intermediate	

Session 5 August 23-September 3 (Mon thru Thursday) 8/ 40 minute classes

8:30-9:10am	9:15-9:55	10:00-10:40	10:45-11:25	3:30-4:10pm	4:15-4:55	5:00-5:40	5:45-6:25pm
Adult-Beginner	Adv.Beg/Interm	Beginner 2	Tiny T/Adv. Tot	Tiny T/Adv. Tot	Adv.Beg/Interm	Super Tot	Parent Tot
Swim/Adv.Swim	Beginner 3	Super Tot	Parent Tot	Beginner 1	Beginner 2	Beginner 3	Adult- Inter/Adv

LESSON FEES:

	Resident	Non-Resident
Large Group	\$53.75	\$107.50
Small Group*	\$80.75	\$161.50
Semi-Private Lessons**	\$150.00	\$300.00
Private Lessons	\$180.00	\$360.00

(Private & Semi-private lessons are 5/30 minute lessons)

**Semi-private participants must be of similar ability

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.

Course prerequisites and age ranges should be used as suggested guidelines for appropriate student enrollment. For prerequisites of all classes please contact the Pool Manager or log on to <http://www.sandiego.gov/park-and-recreation/aquatics>

REFUND POLICY- Extra care should be given to the selection of classes. **There are NO REFUNDS or credits. Full refund will be granted only if class is cancelled by the Pool Manager**

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

Patrons must abide by the "no street shoes on the pool deck rule"



DONATIONS-By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPIO Division, (619)525-8235.